

## Squash Vegetable Packets

2 small zucchinis, diced  
2 small summer squash, sliced  
4 small red potatoes, scrubbed well and sliced  
½ medium red onion, sliced  
½ medium bell pepper (red or green), seeded and sliced  
¼ cup Italian dressing, low-fat  
Salt and pepper to taste

Heat oven to 400°F or grill to medium heat or 350°F. Wash vegetables and slice. Toss in large bowl. Add dressing and toss until vegetables are coated. Tear 2 large squares of heavy duty aluminum foil and place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of the vegetable mixture and fold bottom piece with top sheet to form a packet. Place in heated oven or grill for 15-20 minutes or until potatoes are tender. Before you open the packets, poke holes in the foil with a fork (be careful opening the foil as the steam will be very hot and could burn you!). Empty vegetables onto serving plates or serve from foil packets.

Nutrient Analysis, per serving: 130 calories, 27 g. carbohydrate, 4 g protein, 1 g fat, 0 mg. cholesterol